



*Healthy tip of the Month:

Eating Better. Tips to a healthy eating: Eat a variety of food, You need more than 40 different nutrients for good health and no single food can supply them all. **Enjoy plenty of fruits and vegetables,** Most of us do not eat enough of these foods either although they provide important protective nutrients. **Eat moderate portions - reduce, don't eliminate foods,** If you keep portion sizes reasonable, it's easier to eat all the foods you enjoy without having to eliminate any. **Eat regularly,** Skipping meals, especially breakfast, can lead to out-of-control hunger. **Get on the move,** As we have seen, too many calories and not enough activity can result in weight gain. Moderately physical activity helps burn off those extra calorie.

Oasis Campus & Oasis Elementary North -Breakfast Menu– April 2025

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	G		1 Pancake Wrap Pineapple Apple Juice Syrup	2 Cinni Mini Yogurt Pineapple Orange Juice	3 Biscuit Sausage Sandwich Sliced Apple Orange Juice	4 Cereal Yogurt Peaches Apple Juice	5
Breakfast is served Monday-Friday							
OEN 7:45am-8:15am	6	7 Bagel	8 Cereal	9 Chocolate Muffin	10 Pancake Wrap	11 Waffle	12
OES 8:00am-8:30am	H	Cream Cheese Orange Apple Juice	Yogurt Applesauce Orange Juice	Yogurt Peaches Orange Juice	Peaches Orange Juice Syrup	Sausage Pineapple Apple Juice	
Middle School 7:10am-7:35am							
High School 6:40am-7:00am	13	14 Chocolate Muffin	15 Egg Bacon Cheese	16 Scramble Egg	17 French Toast	18	19
Start your day with a healthy breakfast.	K	Yogurt Peaches Apple Juice	Bagel Pineapple Orange Juice	Hash Brown Sausage Slice Apple Orange Juice	Sausage Pineapple Apple Juice Syrup	<i>Good Friday</i>	
Breakfast \$2.25							
<i>Menu Subject to change</i>	20	21	22 Cereal Yogurt Orange Grape Juice	23 Omelette Hashbrown Pineapple Apple Juice	24 Cinnamon Raisin Bagel Sliced Apple Apple Juice Cream Cheese	25 Biscuit sausage Sandwich Peaches Orange Juice	26
	D						
	27	28 Cereal Yogurt Applesauce Apple Juice	29 Cinni Mini Yogurt Orange Apple Juice	30 Pancake Wrap Peaches Orange Juice Syrup	1 French Toast Sausage Peaches Apple Juice Syrup	2 English Muffin Ham & Cheese Sand. Orange Apple juice	3
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*Available online to make payments or check account balances: myschoolbucks.com

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